

Wellness Education at Wakonda

Wakonda Public School learns the anatomy of MyPyramid. Lavonne Meyer, Turner County Extension Educator gave a presentation and demonstrated how to track your personal daily food intake at www.MyPyramid.gov. A variety of nutritious snacks were provided by the Wakonda Family, Career, and Community Leaders of America(FCCLA) chapter.

The educational session was to assist the staff and faculty of Wakonda Public School in sharing the information with the K-12 students, by using the Dietary Guidelines to make healthy food choices, increase physical activity and reduce childhood obesity.

A walking challenge was also implemented in the elementary classes, as well as a demonstration in the understanding of MyPyramid by the elementary, junior high and high school students at the “Be Fit, Eat Right, Be Healthy” health fair.

The health fair was put on by students presenting their projects to over 250 individuals at the Wakonda Public School, on a digital video recorder. The FCCLA members edited the video and recorded the presentation on CDs that were distributed to each student in the Wakonda school system.